

Title : Home Base Theory

Category #1 :

DEFENSE

Category #2 :

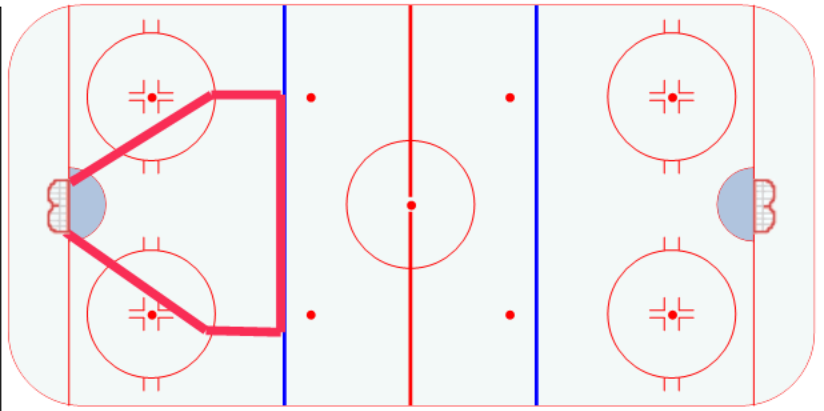
Philosophy

**Description**

- Very simple but true to form
- All decisions by players will be based on this theory (example: Do I leave my man to help out)
- Very easy for players to understand system from diagram
- You can adapt any Dzone coverage to include Home Base Theory

**Points of Emphasis**

- Protect this area at all times
- When giving up shots they should generally come from outside this area.



Key points :

Title : Home Base Theory (seq 2)

Category #1 :

DEFENSE

Category #2 :

Philosophy

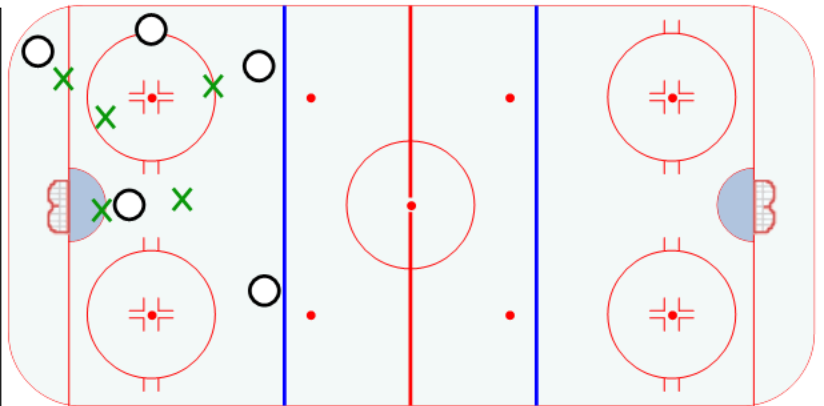
**Description**

**5 on 5 Dzone**

Play 5x5 in zone three different versions

- 1) Defense no sticks
- 2) Defense sticks upside down
- 3) Defense with sticks

\* Make a note of shots from Home Base Area - Assign Push-Ups!



Key points :

Title : Home Base Theory (seq 3)

Category #1 :

DEFENSE

Category #2 :

Philosophy

**Description**

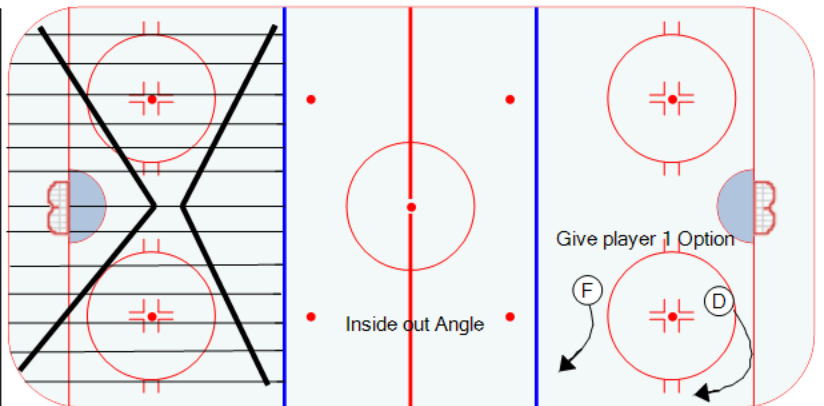
**Dzone Grid**

- Allows players to focus on a visual aid in order to remember positioning
- Very simple for all ages
- Shows movement of wingers and defensemen
- Centers will support defense in coverage
- Plays along with Home Base Theory
- This helps keep players thinking about defensive side of the puck

**Points of Emphasis**

- Teaching angling is a must
- Angling opposition away from Home Base limits grade "A" scoring chances.

Work on angling drills to teach basic angling techniques.



Key points :

Title : Home Base Theory (seq 4)

Category #1 :

DEFENSE

Category #2 :

Philosophy

**Description**

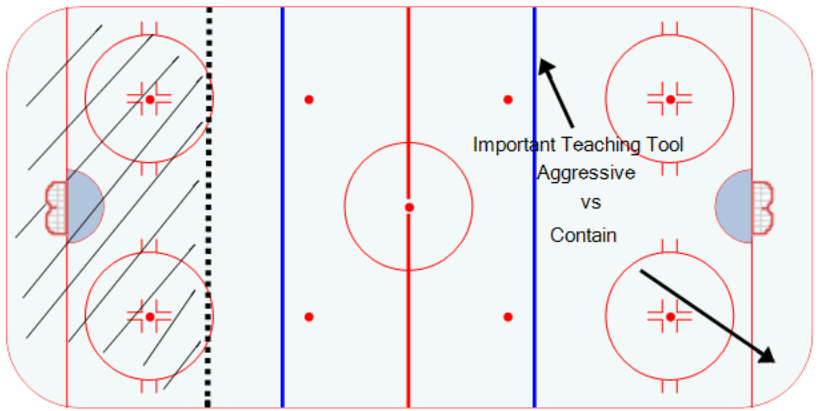
**1x1 Down Low Concepts**

- All players should master this regardless of position
- Controlling man in corner, active stick, contain vs aggressive
- Never attack in straight line, angle to limit options.
- Angle away from the net
- Learn to stick and pin, work on balance, stay on defensive side of the puck.
- Work on basics: Active stick, stick on ice, look at torso, knees bent and take an angle to defend.

**Eyes and Numbers**

- See eyes : Be PATIENT
- See numbers : Aggressive, angle and take away time and space!

NOTE: Do not look for big hits down low.



Key points :

Title : Home Base Theory (seq 5)

Category #1 :

DEFENSE

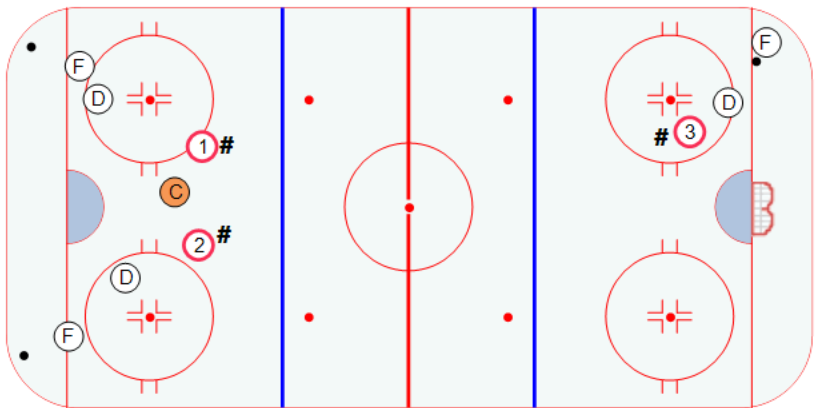
Category #2 :

Philosophy

**Description**

**1x1 Drills**

- 1) Tight Gap (Numbers)
- 2) Loose Gap (Numbers)
- 3) Full Control (Eyes)



Key points :

Title : Home Base Theory (seq 6)

Category #1 :

DEFENSE

Category #2 :

Philosophy

**Description**

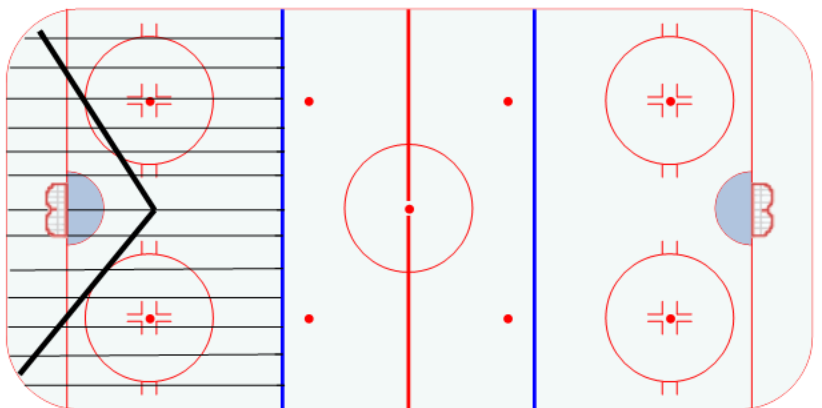
**Dzone - Defense and Centers**

- Continuation of 1x1 down low concept
- Center in our system supports defensemen as second man in corner when possible.
- Feet moving, head on a swivel, stick in passing lanes and communication key teaching points.
- Do not migrate to puck, stay inside man once puck is moved.

\* When a mistake is made, do not vacate Home Base to correct until communication allows you to, as everyone should collapse.

**Points of emphasis:**

- 1) Boxing out on rebounds
- 2) Pin vs Contain
- 3) Active Sticks



Key points :

Title : Home Base Theory (seq 7)

Category #1 : DEFENSE

Category #2 : Philosophy

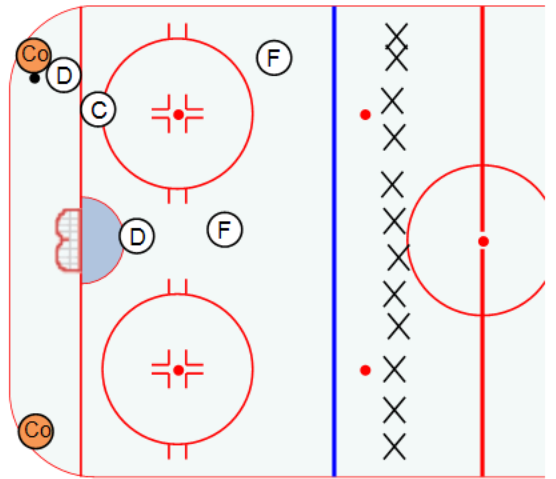
**Description**

Positioning Drill

Put coaches below goal line with pucks

Have the coaches pass and move and watch movement of the defenders.

Correct players who are out of position.



Key points:


Title : Home Base Theory (seq 8)

Category #1 : DEFENSE

Category #2 : Philosophy

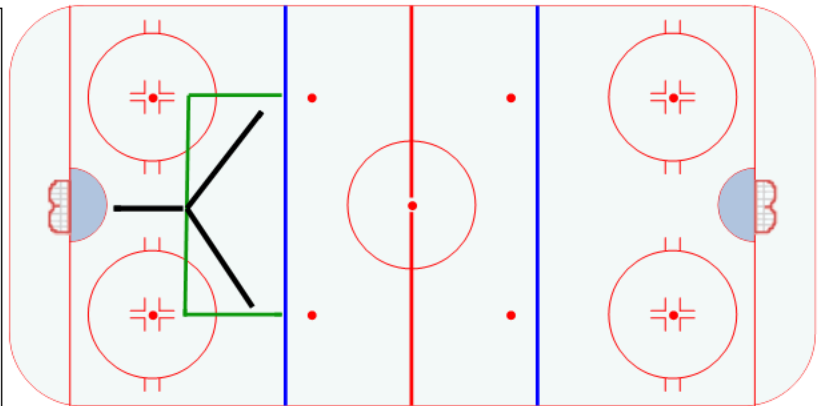
**Description**

Dzone Wingers

- Head on a swivel / Look over shoulder
- Stick on ice ( stick on stick, body on body)
- Shots from inside box are due to a coverage mistake by wingers
- Play off the defenseman's inside shoulder
- Do not turn back to puck in coverage
- Players may not like to hear it, but wing is easiest position to play in hockey.
- If D gets puck, inside out technique

Points of emphasis

- Finish checks at points
- Communication
- Blocking shots
- Win battles in grey zones (5 feet inside blueline)



Key points :

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Title : Home Base Theory (seq 9)

Category #1 : DEFENSE

Category #2 : Philosophy

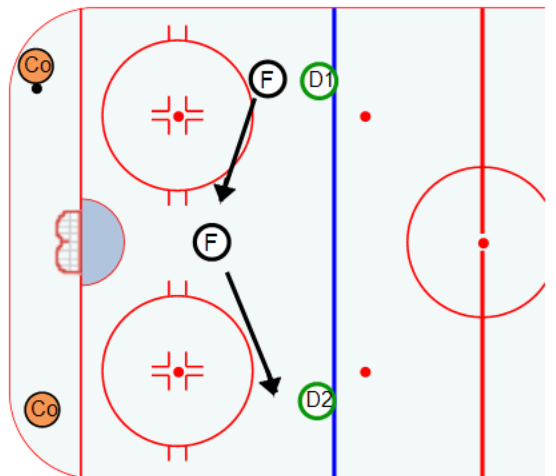
**Description**

Same Drill as Earlier

Coaches move puck and watch movement of forwards

Coaches try to pass to D1 & D2

Forwards stick placement is critical



Key points:

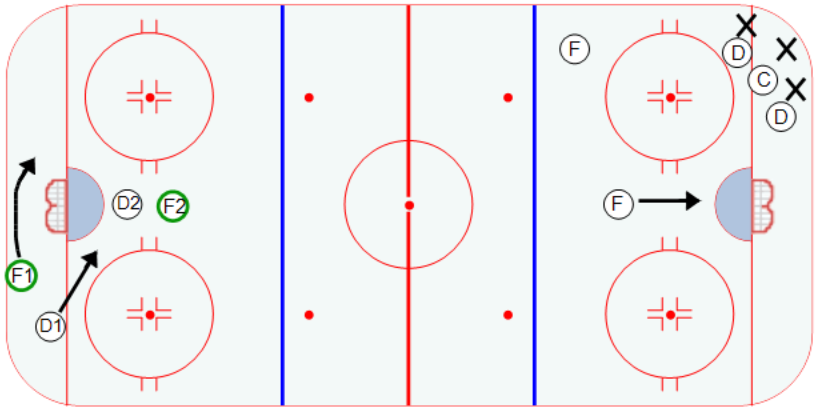

**Description**

**Defense & Centers**  
**Dzone Bumping Technique**

- Used down low by players when offensive team gains control of back of net with full possession of puck or beats you to back of net.
- Example: D1 has been beaten & must recover to Home Base
- D2 maintains position between X1 & X2 to eliminate pass and protect Home Base.
- D1 will bump D2 to other post once he recovers to front of net.
- D1 or D2 will attack once X1 decides which side he will come out.

Points of Emphasis:

- We never vacate front of net unless we are 100% sure of puck possession
- When opponent has three men in corner - we vacate front & weak



Key points :

**Description**

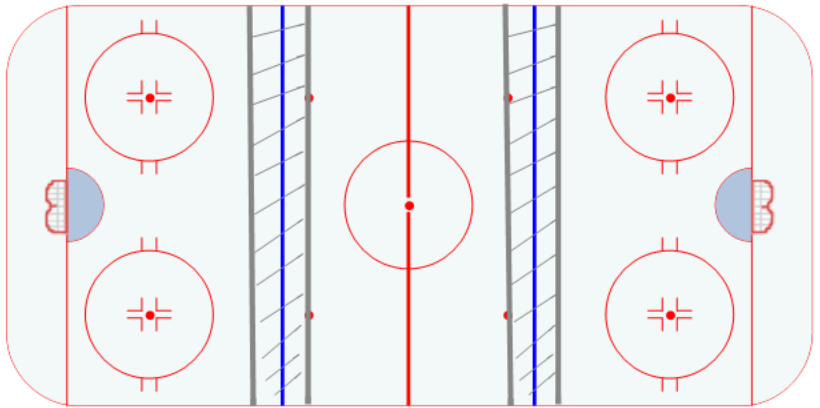
**Grey Zones**  
**(Team Defensive Point)**

- 5 feet on each side of both bluelines is what we call grey zones
- Call them grey because indecision and mistakes in these areas usually dictate outcome of games.
- Offensive blueline we emphasize speed as we do not want to dump the puck in, so we want to back them in with speed.

Points of Emphasis:

- Non-negotiable aspect of the system
- We take what is given and live with it

Emphasize this on every drill - Call out our players - even our best players



Key points :

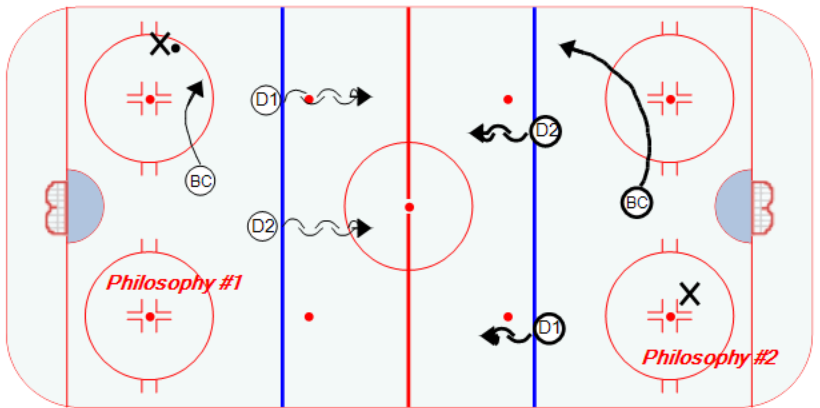
**Description**

**Backchecking**

- High forward becomes first man back
- High forward can:
  - 1) Chase puck carrier until red line.....
  - 2) When opponent has full control, turn away and pick up wide lane
  - 3) Funnel through middle

Note: Both philosophies will still maintain points of emphasis - Keep everyone in front of you and as backchecker do not allow players in behind defense.

**Critical areas on ice:**  
 Red Line (Start to see who has puck)  
 Blue Line ( Try not to give up)  
 Top of Circles ( Locked on Man)



Key points :

Title : Home Base Theory (seq 13)

Category #1 : DEFENSE

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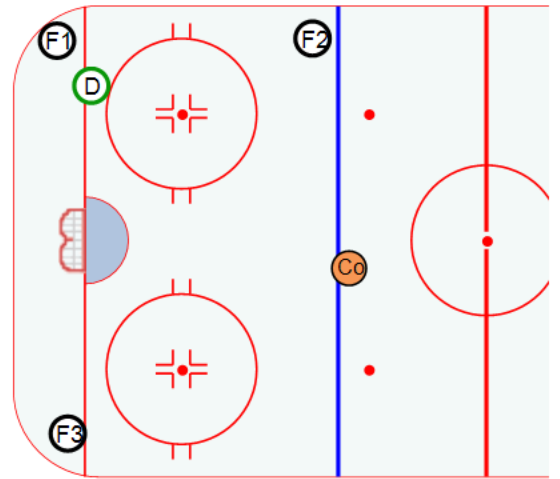
**Description**

Individual & Team Drills

**Drill #1 - Defensemen - (Work Gap Control)**

F1 is tight gap 1x1  
F2 is loose gap 1x1  
F3 is control 1x1

Drill starts with D against F1. After whistle D skates out to a loose gap on F2 and plays 1x1. After whistle D skates to F3 and plays a control gap 1x1



**Key points:**


Title : Home Base Theory (seq 14)

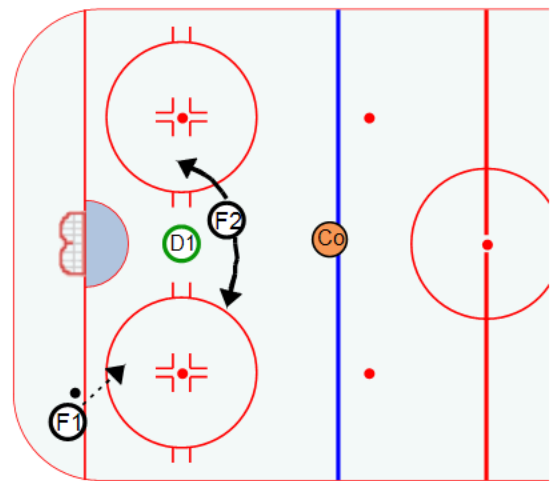
Category #1 : DEFENSE

Category #2 : Philosophy

**Description**

**Drill #2 - Defensemen and Centers (2x1)**

- Coach passes to F1
- F1 must find F2 with a pass
- D1 has stick in passing lane
- on whistle F1 can attack 2x1



**Key points:**


Title : Home Base Theory (seq 15)

Category #1 : DEFENSE

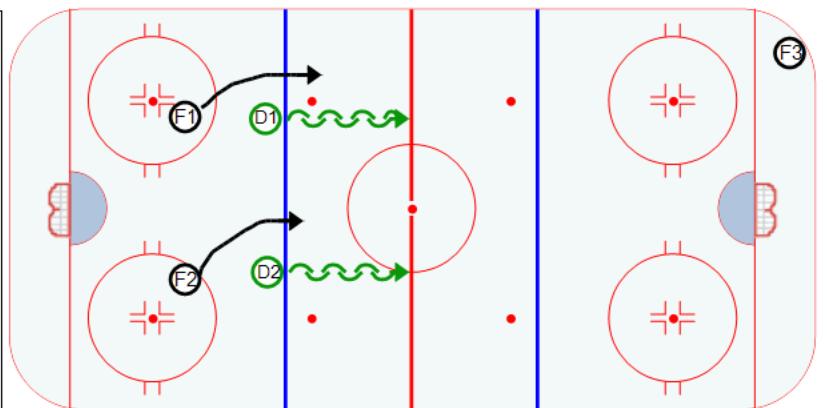
Category #2 : Philosophy

**Description**

**Drill #3 2x2 3x2 Down Low**

- F1 and F2 attack 2x2 and must skate puck into offensive zone
- D1 and D2 work on gaps
- Once in F1 and F2 pass to F3 and it becomes a 3x2 down low

Note: F3 must stay below the goal line



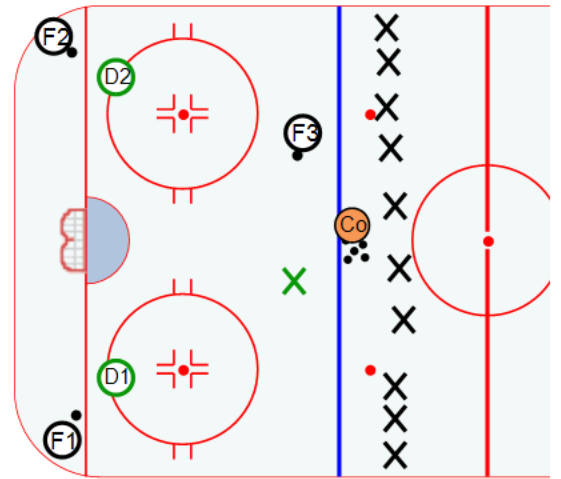
**Key points :**

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**Description**

Drill #4 - 1x1 2x2 3x3

- F1 F2 & F3 each have a puck
- 1st whistle F1 attacks D1 1x1
- 2nd Whistle F2 attacks D2 with F1 and D1 2x2
- 3rd whistle F3 shoots puck and 3x3 down low occurs



**Key points:**

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